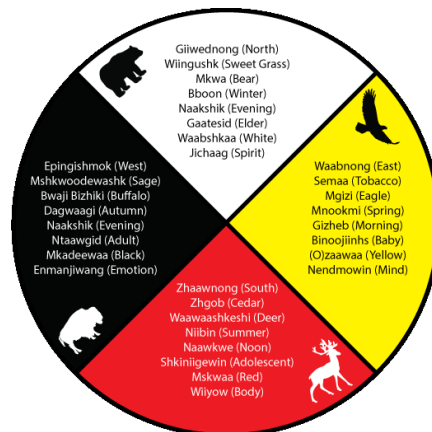


# Medicine Wheel Reflection



The Medicine Wheel is a symbol of great significance in many Indigenous cultures across Turtle Island. It represents a holistic and interconnected view of life, reflecting balance, unity, and harmony in all aspects of our existence. The wheel itself typically consists of a circle divided into four quadrants, each of which holds specific meanings and teachings which varies per nation.

The Medicine Wheel teaches the interconnectedness of all aspects of life: **physical, emotional, mental, and spiritual health** are seen as equal and interdependent.

The Medicine Wheel emphasizes the importance of balance in life—whether it's balance between the four directions, balance within oneself, or balance between human beings and nature. All 4 quadrants of the medicine wheel can really show us where we need to focus our healing, as if we neglect or disconnect one aspect of the medicine wheel, it throws off the entire medicine wheel.

In this exercise, we'll be reflecting on our own medicine wheels, as we all have one. The main 4 quadrants to the medicine wheel are the **mind, spirit, heart, and body**.

Your reflection is for you and there's no need to share with the group unless if you want to. There is also no pressure to make it perfect. Just write down what comes to mind as we progress through this reflection.

**North / White / Mind**

The mind component is your thought process, your behaviours, the logic behind your actions. As you check in with your mind, how is it doing? What thoughts on on your mind? What intentions have you been setting yourself (can be conscious or subconscious)?

### **East / Yellow / Spirit**

the spirit component is a reflection of your soul, the reflection of your life path, your aspirations, beliefs, etc.. some questions to inspire reflection of the spirit would be , imagine yourself on a path, walking the walks of life, do you have a direction you're going? Are you on the path? Are you in the ditch beside the path? Are you lost on your path? Where's the destination you're aiming to be? Why?

**South / Red / Heart**

the heart component is your feelings and emotion focused. What feelings do you hold in your heart right now? Why? How is it impacting you?

**West / Black / Body**

the body component is a reflection of what you feel in your body. How is your energy levels? Are there any tense spots you hold in your body? Where? What may be the reason for this? (reflect on other parts of the medicine wheel that can contribute to that)

**Now that you have reflected on all aspect of your medicine wheel, we'll move on to reflecting on how we can care for those aspects of our medicine wheel.**

**How can you tend to your mind?**

Some examples of how I tend to my mind ; Reading, Journaling, Meditation, sitting in nature, connection with loved ones

**How do you tend to your spirit?**

Some examples of how I tend to my spirit : Smudging, Prayer, Spirit Baths, Singing, Creative expression, Connecting with my elders, Regular reflection about my life path

## **How do you tend to your heart?**

Some examples of how I tend to my heart : Prioritize doing activities I know I love, allow myself to feel and explore my emotions, gift myself regularly, surround myself around others I know will support me no matter what

## **How do you tend to your body?**

Some examples of how I tend to my body : Regular exercise, Take bubble baths, stretch/move body regularly, prioritize giving my body the nutrients it needs, drink lots of water, get massages

**In conclusion of doing this exercise, how do you feel doing a full reflection on your medicine wheel?**

**Do you walk away from this activity with new insight about yourself?**

**Did you receive any big take-aways from this activity?**